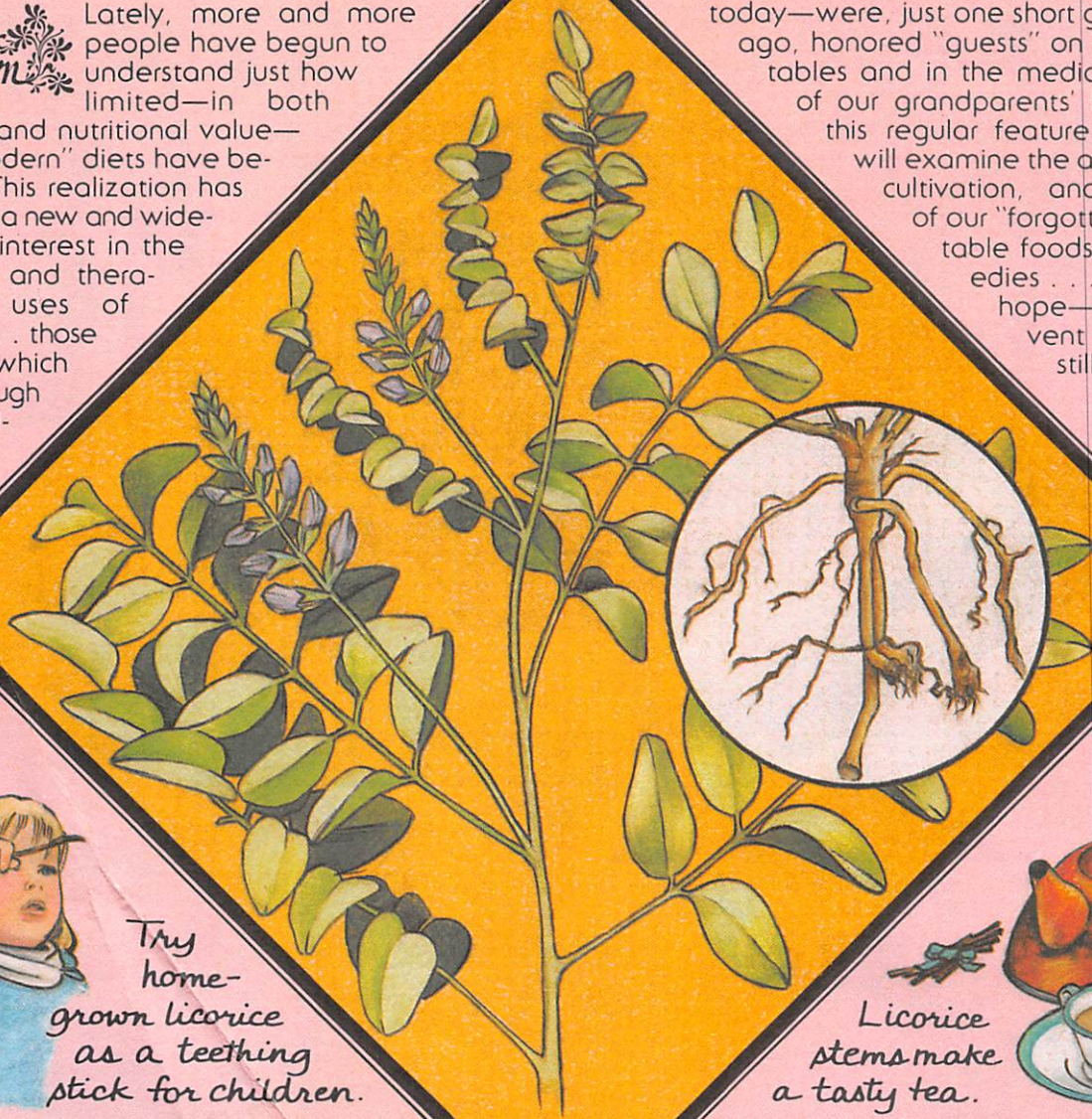


Lately, more and more people have begun to understand just how limited—in both variety and nutritional value—our “modern” diets have become. This realization has sparked a new and widespread interest in the culinary and therapeutic uses of herbs . . . those plants which—although not well-known

today—were, just one short generation ago, honored “guests” on the dinner tables and in the medicine chests of our grandparents’ homes. In this regular feature, MOTHER will examine the availability, cultivation, and benefits of our “forgotten” vegetable foods and remedies . . . and—we hope—help prevent the loss of still another bit of ancestral lore.



Try home-grown licorice as a teething stick for children.



Licorice stems make a tasty tea.

Terry Tucker Francis

You might be surprised to learn that good old-fashioned licorice has an impressive—and in some cases royal—family history. Great stores of the flavorful root were found, alongside priceless art treasures and jewels, in the 3,000-year-old tomb of King Tut. In fact, licorice was considered to be such a valuable herb that no Egyptian king would be without it on his journey into eternity. And even today, a beverage called *mai sus*, brewed from the sweet yellow root of the licorice shrub, is popular in the Middle East.

LOOKING BACK

The botanical name for licorice, *Glycyrrhiza glabra*, incorporates the Greek *glykys* (sweet) and *rhiza* (root). If you pronounce the tongue-twisting “glycyrrhiza” quickly and casually, you’ll know how it came to be “licorice” in English.

This perennial shrub (it’s also known as sweetwood or sweet root) grows wild in Asia Minor, Greece, Spain, southern Italy,

Iraq, Syria, Russia, and northern China. Large quantities are now shipped into northern Europe for various commercial purposes, but sweet root may have been taken there first by the Romans . . . who ate it because they believed it increased personal stamina.

Different uses of this medicinal herb have developed over a number of centuries. An old Arabian remedy for skin lesions and blisters, for instance, involved dusting powdered licorice onto the affected skin . . . the ancient Hindus made a tonic of milk, sugar, and licorice to increase virility . . . the Chinese have long consumed great quantities of this wonder herb to ward off old age . . . and medieval Europeans believed the root to be so nutritional and thirst-quenching that a small piece held under

the tongue could keep a person alive for 11 or 12 days!

Most of our modern supply of licorice is commercially grown . . . for its medicinal value as a natural laxative and for use as an ingredient in cough mixtures. The thick, black syrup extracted by boiling chopped sweet root is 50 times sweeter than sugar cane, and helps disguise less palatable ingredients.

GROWING YOUR OWN

Of course, most of us know licorice best in the form of the chewy twisted sweets we were fond of as children. Now you can’t grow candy sticks in your garden . . . but you certainly can grow licorice plants from live roots. The wrinkled, brownish yellow rootstock will produce—as it comes up each year—a five-foot shrub.

A dry, stony soil in full sun is best for the herb. The plant’s stems will bear alternate pinnate leaves—with three to seven pairs of dark green oval leaflets—and pealike, pale lavender or yellow flowers will blossom throughout the summer.

Homegrown licorice stems—peeled of their bark—can be used to prepare a tasty tea . . . or even as teething sticks for small children!

Live licorice roots can be obtained from commercial outlets. One excellent mail order source is Taylor’s Herb Garden, Dept. TMEN, 1535 Lone Oak Road, Vista, California 92083.

Or, if you prefer not to grow it yourself, many bulk herb companies can supply whole dried licorice sticks or cut licorice root for making teas, syrups, and candies. Here are two reliable sources: The Herb Shoppe, Dept. TMEN, 3618 El Cajon Boulevard, San Diego, California 92104 . . . and Aphrodisia, Dept. TMEN, 28 Carmine Street, New York, New York 10014 (include \$2.50 for this firm’s catalog). ☺

Licorice

Although this spread appeared in *MOTHER's Guide to (Almost!) Foolproof Gardening*, we



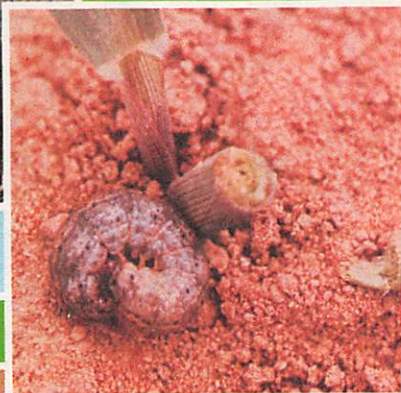
A GUIDE TO COMMON



The **TOMATO HORNWORM** is a voracious garden pest, even though you'll usually find it munching only on tomato plants.



This **TOMATO HORNWORM** carries cocoons of the braconid wasp, which will hatch . . . and help protect your garden.



The **BLACK CUTWORM** can threaten the tender seedlings of many vegetables.



The **TOMATO FRUITWORM**—as you'd imagine—attacks the maturing fruits of tomato plants.



The **CABBAGE LOOPER** moves in a "humping" fashion, like an inchworm. These larvae prey upon the cabbage family and are usually found on the undersides of the leaves.



CABBAGE LOOPERS seen with damaged leaves.

figure that—with bug season here—we can all use a refresher course in knowing our enemy.

SUMMER GARDEN PESTS



The **WIREWORM** attacks both root crops and the germinating seeds of young plants.



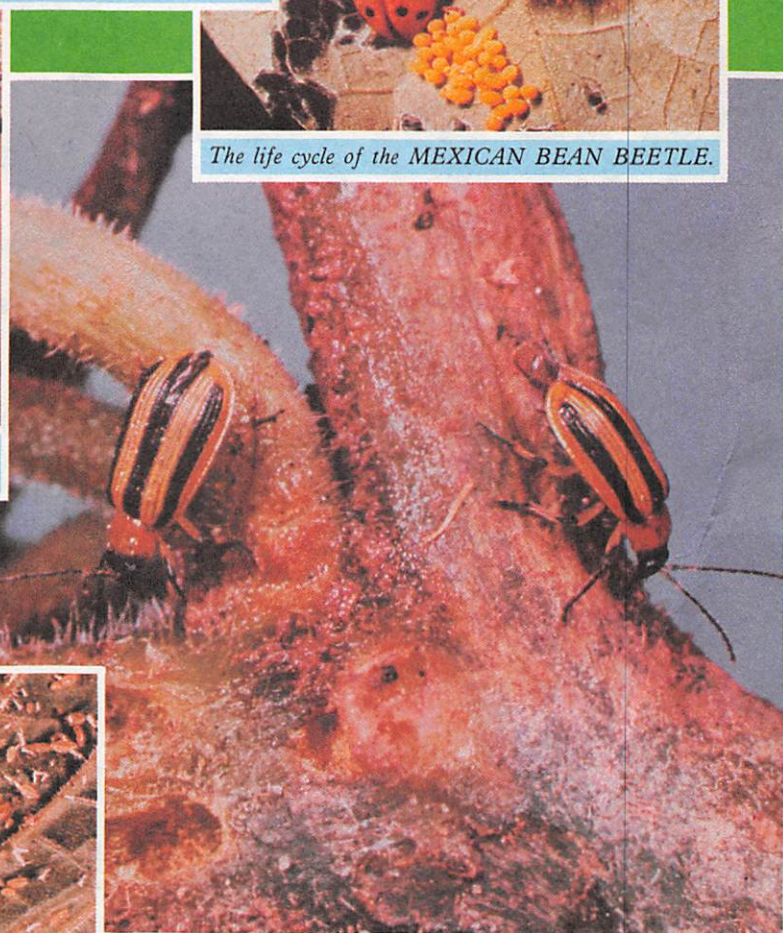
A **MEXICAN BEAN BEETLE** on a mutilated leaf.



The life cycle of the **MEXICAN BEAN BEETLE**.



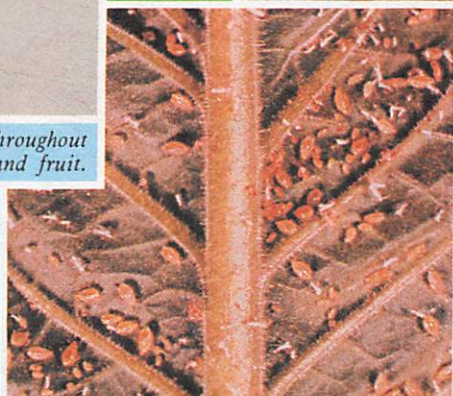
The **BANDED CUCUMBER BEETLE** preys on the same plants as the **STRIPED CUCUMBER BEETLE**.



The **STRIPED CUCUMBER BEETLE**, depicted here with feeding damage, attacks cucumbers, melons, squash, and pumpkins.



The **SLUG**, a general pest throughout the garden, will attack leaves and fruit.



APHIDS (more often light in color than dark) can cause widespread crop damage.

MOTHER'S ALL-PURPOSE CHICKEN-FEEDING STATION

Whether you keep a few hens to provide in a little cash, you can lighten your chores and insure that the food your fowl fatten on is fresh and clean by building your own version of MOTHER'S all-purpose chicken feeder. This handy device will keep your feathered friends' mash and grain off the

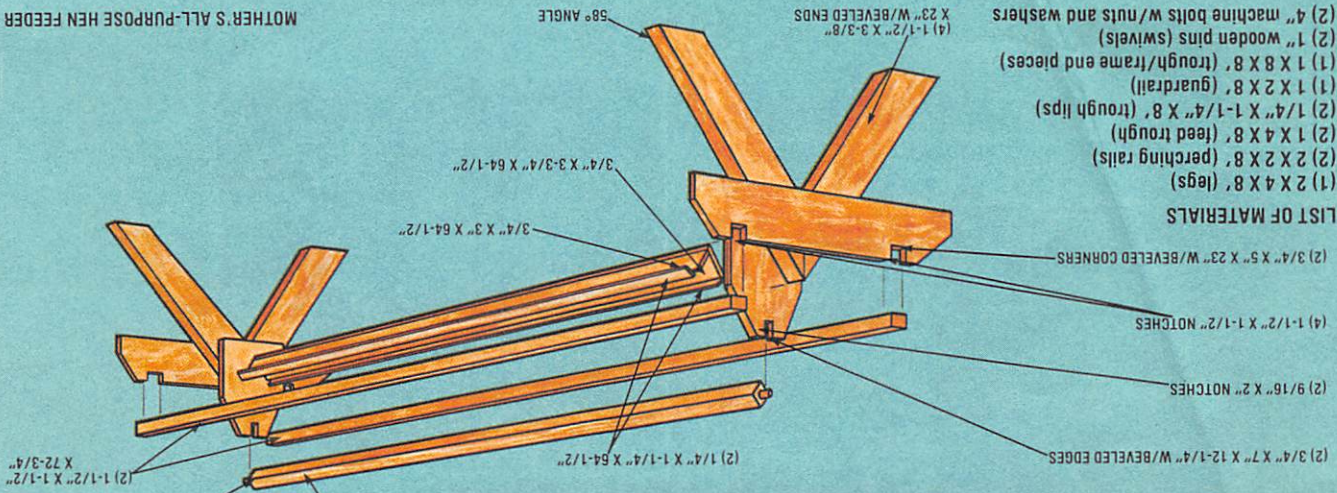
ground and protected from mildew and rot. Furthermore (and almost as important to the busy poultry farmer), the feeding station is easy to build . . . can be made with inexpensive, readily available materials and tools . . . and incorporates a little bit of "fowl psychology" for good measure.

MOTHER'S chicken feeder is designed to provide dining facilities for 16 hungry hens, but of course you can vary its dimensions proportionately to suit the needs of your own flock. If you have more mouths to feed, you can either build an additional station or lengthen the structure . . . keeping in mind the need to maintain both stability and movability. (Because our feeder is designed to be used either indoors or out, we made it short and easy to handle.)

Whatever size you choose to make it, the poultry cafeteria includes several features that are calculated to keep even the most troublesome fowl honest . . . no matter what its place in the pecking order. The free-swiveling guardrail across the top will keep your birds out of the feed trough, yet allow them ready access to their dinner . . . wooden pins—countersunk into the ends—enable the rail to spin freely should a hen attempt to perch there, and thus prevent the bird from "fowling" the food . . . and the lips on the trough's edges function as feed-savers to assure a minimum of waste even when the feeder is nearly full.

In summary, then, MOTHER'S all-purpose chicken feeding station can up your hens' output—by letting the birds eat all they want, when they want it—and reduce feed losses. And anytime you can increase production while cutting down on waste, you should be able to see your henhouse's efficiency turning sunny side up! ☐

(2) 1-1/2" X 1-1/2" DOWELS
(2) 1-1/2" X 1-1/2" X 72-3/4"



STAFF PHOTO